



Special Correspondence of The Evening Star.

It is hard to be happy anywhere without money, but it is doubly hard in Paris. There the luxury of the earth is alluringly laid out to tempt the eye, the heart, the soul. The Frenchwoman is able to dispense with many things, but smart gowns she will not exist without. Summer is always looked forward to as a season when women may dress prettily and inexpensively. The present season, however, has proved an exception to the rule. Even the most simple looking muslin frocks cost shockingly large sums. This is due to the use of lace and intricate and elaborate embroideries and appliques on the light-weight garments. Each tiny bit of trimming must be carefully cut out and then inserted into the material carefully and with much painstaking work with the needle. The fanciful bits—overs, leaves and arabesques—are extremely expensive, and the woman who has a muslin gown decorated with them has paid probably enough to keep a poor family for a year.

Lingerie of the fashionable sort costs a small fortune, a single night dress frequently selling for 300 francs. Speaking of night robes reminds me that there is a noticeable change in them. Formerly it was not good form to wear any color except white. Now they are made of all colors of the rainbow and trimmed with equal extravagance. The new robes are frequently seen, but tucked bodices are too warm for summer wear unless they are furnished with stripes of insertion. Some of the latest night gowns of China silk are adorned with printed designs in flowers, so that a woman can scarcely be said to be appearing in the sweetest of wild roses wreathed with the filiciest of white lace. Some of the night robes are fashioned like empire gowns, with very short waists, usually of tucking and insertion. The Marie Antoinette, with its fish-shaped collar, is much affected by smart women. Broad sailor collars trimmed with lace also form a prominent feature of decoration, although they can scarcely be said to be appropriate for the purpose. The use of ribbons with the lace is not quite so popular, the tendency being to restrict the color to a pure dead white.

Wash Summer Frocks.
Wash frocks for summer frocks are charming this year, so elaborate in design and so fine of fabric that the cost of material is no mean item in the make up of the gown. And all sorts of elaborate make ups are allowable for this one-time simple toilet. For instance, a gown of novelty fabric embroidered in fine pink silk roses was trimmed the entire length of its skirt with overlapping flounces curved in shape and applied flat. The edge of each flounce was banded with guipure lace. The bodice of fine white muslin very simply made was overlaid with a rounded bolero heavily incrustated with lace.

Wash gowns shirred and corded are no novelty. One often wonders how the laundress ever manages to cope with the elaborate tuckings and puffings; but, then, the secret of it is that the majority of the frocks are not expected to reach the wash-tub until their best days are over. One of the most elaborate effects is represented in the garment of white muslin sprinkled with rosebuds just bought by a friend. The tucked top of the skirt is hidden by the yoke of white guipure lace, a band of which also finishes off the bottom. The bodice, cut square over a rose silk yoke, is adorned with a deep lace collar threaded with narrow velvet ribbons. The puffed sleeves are banded with velvet, and the girde is a combination of narrow bands applied in parallel rows.

Tip Tilted Hats.
The hats worn with these soft, light garments are as airy as they can possibly be made. They are tilted forward and aft and sideways till the eye is bewildered by the multitude of angles at which they perch over the feminine head. Sometimes they are raised on a sort of corset or hanked up by circles or semi-circles of flowers. Rough and ready hats are more becoming than ever. There are some revivals in sailor hats. The newest shapes recall the oldest ones. The mushroom and alpine hats and others approved by fashion come in such soft and becoming shades and are so coquettishly trimmed with scarfs and ribbons that they are well worthy the approval they seem to be receiving from fashionable folk. It is noticeable that few feathers are worn; but, then, feathers do not have many wearers in summer. One of the prettiest chapeaux that I have seen adorned the head of a chic contritee.



The gown pictured here may be of silk, wool or the thinnest of muslin, with box of black lace.

whom I met on the avenue de l'Opera this afternoon. It was mounted on a sort of straw foundation, set off by lace and flowers. The pattern was a jaunty modification of the Eugene shape, and the crown was almost covered with cornflowers. It was extremely attractive.

Century-Old Dances.
Let me tell you that old-fashioned dances are "coming in," the dances of the seventeenth and eighteenth centuries. It is no more than just that, since we dress in the garments of these periods, we should dance their dances. A number of the great ladies of Paris have organized classes, and a maitre de ballet of the opera gives them weekly instruction. They come to the classes arrayed in the gorgeous long-trimmed gowns which suit perfectly the character of the dances—the pavan and the stately minuet. It is a most gorgeous sight to see them moving through the graceful and dignified figures.

Like the Athenians, the fashionable Parisians seem to live but to exploit new things. One of the most up-to-date ideas in dinner-giving is to seat the guests at separate tables, according to the colors of the gowns. At a recent dinner of that sort there were five tables, decorated, respectively, in mauve and yellow orchids, pink and red roses and white marguerites. The electric lights that took the place of candles were shaded to harmonize with the color of the guests' dresses. The guests had evidently been posted in advance, for the five tables were about evenly balanced as to numbers. The gentlemen were assigned places according to their boutonniere.

Waved Hair Worn Low.
The tendency at present is to wear the hair low upon the neck and sometimes parted at the side. It is also slightly waved. Over the forehead a few soft curls are drawn, and the effect with some types of faces is excellent. Floral decorations for the evening toilette may be worn on either side of the head. This style, however, does not suit all faces.

The very latest design in coats is that known as the Louis Quinze. It is made of dove and velvet, with a velvet collar and elbow sleeves supplied with mousquetaire cuffs. The little garments are really very pretty, especially when slipped over a soft white gown. The back of the coat has two small tails, while the front is basqued, cutaway style.

First, decide upon a good sized room, light and capable of thorough ventilation. If the family can afford it, white marble makes an exquisite lining; if not, fancy bricks or glazed tiles are to be commended, because they can be easily washed off, and should water splash upon the floor it will not penetrate the surface.

The Useful Extras.
White porcelain makes the best sanitary tub. Nothing else can compare with it. The tub should stand on short feet instead of being "built in." The open bath tub allows the air to circulate about it, and no dampness can accumulate on the floor without the housewife being aware of the fact. A seat should be fitted across one end of the tub, so that one member of the household who takes a footbath can conveniently use it. Likewise there should be a strap six inches wide supplied at each end with a hook that will permit its being hung over the side. This will allow the head to rest comfortably while the body is being bathed. The tub should be of a material who are likely to get their long hair wet. Its usefulness is apparent.

The plumber can supply a stationary washstand and a towel rack. The washstand should be open. At the same time that the stand is put up a rack for the accommodation of the brushes used in making the toilet should be supplied. These include nail, hair and flesh brushes.

The City Apparatus.
No one who has ever enjoyed its convenience will do without a sitz bath. The cost of the tub is not great, and when the plumber is putting in the other things the small additional cost for attaching the pipes will scarcely be noticed. A sitz bath is excellent for those who have weak backs, for the blood is drawn to the lower parts of the body. Stout people, too, will find the sitz bath useful in warm weather. A table-top shower is a combination of the sitz bath and the shower. The shower can be turned on. This will make a good substitute for the Turkish bath.

The best shower apparatus is a small hoop penetrated with a large stream of water in the center. For those who find this too expensive a sprayer will make a good substitute. The sprayer is attached to the faucet by a rubber tube and may be suspended over the tub from a hook attached to the wall. Every woman has trouble in rinsing her hair. If it is at all long, but with one of these sprayers the hair may be easily and thoroughly cleaned. A bath mat of cork or rubber should ornament the floor. A cabinet with a glass front hung upon the wall will hold the toilet unguents. Among these ought to be a jar of sea salt. Nothing is more refreshing than a salt bath. Indeed it is medicinal in its effects. A quart of salt dissolved in a half tub of water makes a good bath. Eau de Cologne, Florida water and white lime waters are refreshing and should be used in the strength of two ounces of the fluid to half a tub of water.

Sponges and Brushes.
When sponges are selected, it should be remembered that the coarser the sponge the less expensive it is. One dollar is the price of a good bath sponge, while 50 cents to 75 cents should be given for a smaller one for the face.

The brushes ought to be of good quality. A handle brush for the back, a tooth brush, a nail brush, a hand scrubbing brush, a bath brush and hairbrushes will be required. The hair brushes must be kept clean by washing them in hot water with soap and ammonia.

Light itself is invigorating, and as much of it as possible should be admitted into the room. The windows should be covered with stained glass. Light gives a good effect, and so does a not too deep rose glass.

Kitchen towels are best for the bath, while for the face fine linen or crash towels are used. There should never be stinging in the use of towels. Soap is another article in which economy is poor policy. Pure Spanish olive oil soap is best. Remember that skin diseases often result from the use of cheap soaps.

The Cold Plunge.
The most refreshing bath in summer is the cold plunge, but some constitutions cannot stand it. A warm "tub" with a sponge bath of cold water to follow is a modification adapted to less robust constitutions. To many persons even that is not beneficial, and warm or tepid water is best. It is always advisable to consult one's physician in regard to the kind of bath to be used. Healthy people may take a tepid bath (one in which the temperature varies from 82 to 90 degrees) twice a day—before and after when they retire. They should remain in the tub not longer than ten minutes. For delicate persons this bath should be indulged in but once a day—before breakfast. Healthy persons may substitute for the tepid bath the cold bath (temperature from 55 to 75 degrees), while delicate ones should never risk it for more than five minutes before breakfast. After bathing the body must be dried as quickly as possible with rough towels. Bath towels are seldom large enough. They can scarcely be too large and are recommended of a size to envelop the body and dry it at once. The bath leaves the body feeling chilled, it is an indication not that bathing should be enchevered, but that that special kind of bath is not at the time adapted to one's physical condition.

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IDEAL BATH ROOMS

THE MODERN STYLE ARE BEAUTIFULLY TILED.

All the Fancy and Useful Articles in the Furnishings—Sponges and Towels.

Written for The Evening Star.

If the American people were as lavish of expenditure in furnishing their bath rooms as they are in fitting up their parlors, the general health would be much improved. The bath is one of the most important features of civilized life, or it should be. Nothing so greatly promotes the health and contributes to good looks, good nature and long life as thorough cleanliness. It is a mistaken notion that savages do not bathe. The natives of the Sandwich Islands are great surf bathers, and certain of the American Indians are devoted to the use of vapor baths, which are not unlike those for whose benefits we have to thank the Turks, a people popularly supposed to be little addicted to toilet cleanliness.

Most persons fancy that when they take the ordinary "rubbing" they have exhausted the possibilities of the bath. This is a mistake, for with a few simple appliances one may indulge in a great variety of soothing ablutions.

The best bath room is the one that can be most easily and most thoroughly cleaned. Of course, not many can afford anything like the New York millionaire who has a bath room lined with Carrara marble and plate glass mirrors and fitted in sterling silver. The best bath room, which will answer very well, is within the reach of people of moderate means.

Now suppose a family has come into possession of a home of its own. The house may have a bath room which needs refitting or is without that useful feature of domestic architecture. The family are putting up an entirely new house and the builder requires to be instructed in regard to what it prefers.

First, decide upon a good sized room, light and capable of thorough ventilation. If the family can afford it, white marble makes an exquisite lining; if not, fancy bricks or glazed tiles are to be commended, because they can be easily washed off, and should water splash upon the floor it will not penetrate the surface.

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BLACK AND WHITE

Because Our English Cousins Are in Mourning.

SILK AND LAWN COMBINATIONS

Cuban Shoes Suggest the Chinese Tiny Foot.

Special Correspondence of The Evening Star.

NEW YORK, July 4, 1901.
Once upon a time, so the story goes, there was a great fashionmaker, who, clasping the casket of his overworked brain, exclaimed one day:
"What shall I do next?" And then came by a piebald horse, sooty black, with dazling white spots, and he cried joyously: "I have it!" And then there that incomparable combination, black and white, was born into the world.

This is the tale, as it is told in Paris, of the ever-resourceful Worth, but whether it is true or not we do not know that everything else in nature has supplied hints for the fashion mongers, so why not the piebald horse? His spots and eccentric splashes have been found becoming to him—and when transferred in black and white to madame they prove to be equally so to her.

If I were to enumerate all the queer, blotchy black and white effects seen in the race course toilets nowadays, it would be an arduous pleasure. For they are charming despite their audacity, and bigger, more audacious and startling than the films, medallions and airy centre-cuts of black lace, that spread their loveliness over the organically or muslin frock. But the silk race gown outstays her more perishable sister, and the new Louis XVI silks, which run to troilled garlands, wreaths and love knots, lend themselves bewitchingly to black and white treatments.

The Fad of Combination.
One fad of the moment is to combine some thin mull with these silken charms. The gown proper will be of the silk, with the mull or other thin goods, in dead black or pure white, put on in flounces, showing in a narrow frill around the shaped sash. In the tucked yoke, and perhaps in puffed undersleeves. Sometimes a gown will be in two patterns of the same material, one of black and one of white, or striped with bars; and there are figures sweet and charming enough to withstand the eccentricity.

The back turned racing gown in the driving cut demonstrates with sufficiently good effect, a combination of mull in solid all the plain white portion being of the mull. The pointed fold arrangement of this decoration is extremely novel, and above and below the waist line it takes the cut effect now so popular. Scarcely a thin gown is seen these days without a hip yoke of some sort, and invariably the waist meets it with a wide band of the same trimming, insets of lace, embroidery, braid or shirring. At a little distance, especially if the gown is dark and the girde simi-

lar things they are, too, are called Cuban, and the latest dress gowns, pinnia and houssie-like webs, like a fairy-spun grenade, upon which the moonlight has fallen—come to us from Manila.

Should the squeezed feet and pomatumed locks of the Chinese ladies be thrust upon us it will be time to rebel, and even as it is a reef may be taken in high heels without injury to their glory. The bootmaker understands two "fills" of each, no more magic than this. And when they come home the patent leather shoes will look as fine as ever with the Yale blue, spotted stockings, which fashion orders for dressy footgear, and you won't feel the horrible pain in the back that went with the all-sloping stiles.

Black Lends Everything.
In all the newest dress materials black is an emphasizing note, and if there is no black in the very dress itself, it is found in the trimming, a knot of narrow velvet, velvet through lace or black net over white cropping up somewhere. Even the artificial flowers are taking to this mourning hue, and where once poppy leaves were supposed to be green, great silken affairs of white muslin will now show felings of inky satin, with glass dewdrops frequently dotting the shining leaves.

Another racing frock pictured displays its black in half rings, inclosing dots of jet blue on champagne colored taffeta. Here the wide skirt flounce and tucked yoke are of eury batiste, while an embroidered band of the same, introducing the black and blue tones of the dress pattern, forms the other ornamentation. The hat is a tippy shape of burnt straw, with a frilled trim and fluffy velvet-edged ruche of white tulle.

Some pretty and inexpensive checked silks are seen in black and white, and when resolved into shirt waists, with white vests and plain trimmings of black velvet, they have a very distinctive effect. A white or white mohair skirt is a dashing accompaniment to these, and if you want to be very up-to-date you may tie a spotted ribbon about the band of your very narrow-brimmed sailor hat. But in no case

threads, in the same inky tinge, gives the necessary flourish to the skirt bottom. The little gulphs and straight stock of the surplice bodice are of the black taffeta, in fine tucks, the poke hat—for they are never called bonnets, though often sporting strings—is of rough straw. In the blood-red now so fashionable. A soft shirring of black silk muslin faces the brim. The strings are of rich red taffeta ribbon, and finishing the scarf of black muslin about the Mother Goose crown is as gay a bunch of cherries as ever came from the orchard.

Hats One Could Eat.
Fruits of many sorts figure in the summer millinery, stemmy branches or stiff twigs of leafy green displaying even pearls and apples, the blushing little crab, and to childhood's days. There are small sailor hats covered—no other word seems adequate, they are so laden—with bunches of white and purple grapes, and enough decorative strawberries and gooseberries may be found to supply the whole hungry world, could the sweet make-believes be swallowed. Of course, it seems odd to make a market basket of your chapeau, but it is cheering, too. And unless you have seen her, you can't imagine how trig a cherry-hatted girl, in a white duck dress, may look.

FRUITS AS FOOD.
Value to the Human System of Certain Acid Salts.
Mrs. Lemeke in Ledger Monthly.
The acids mostly found in fruit are malic, tartaric and citric acids, combined with potash or soda, so as to form acid salts. Malic acid predominates in apples, tartaric in grapes and citric acids in lemons, oranges and grape fruit. The ash of these is rich in potash, lime, magnesia and iron. The agreeable aroma of fruit like oranges, strawberries and other fruit is due to the presence of essential oils and ethers. All fruits contain more or less pectin, cellulose and an insoluble substance called pectose, which, by action of a ferment in the plant itself, is converted into the process of ripening, and makes an excellent remedy for sore throat. In pectin, which forms the main constituent of fruit jelly. Fruits are laxative, diuretic and refrigerant. The nutritive value of any fruit depends chiefly upon the starches and sugar which it contains. Dates, plantains, bananas, prunes, figs and grapes contain the most starch and sugar, and therefore are the most nutritious foods. Cherries, apples, currants, strawberries and grapes contain considerable quantities of citric acid, making them valuable as blood purifiers.

Lemons, limes, grape fruit possess about the same general properties; they contain a great deal of potash, and other salts and abundant vegetable acids. They are beneficial in gout and rheumatism, especially lemon juice, which is highly recommended, because the citric acid in decomposing the stomach oxidizes such elements as would tend to form uric acid, forming instead uric and carbonic acids, and two substances capable of easy excretion. The addition of lemon juice to cereals and broiled or fried fish render them more easily assimilable, as it has a specific action in promoting gastric digestion. The juice of one or two lemons put in a tumbler of water, with a little sugar, is a refreshing and cooling drink, especially in fevers. Lemons peeled, sliced and freed from pits, if placed in a bowl with sugar sprinkled between the orange and grape fruit. The ash of these is rich in potash, lime, magnesia and iron. The agreeable aroma of fruit like oranges, strawberries and other fruit is due to the presence of essential oils and ethers. All fruits contain more or less pectin, cellulose and an insoluble substance called pectose, which, by action of a ferment in the plant itself, is converted into the process of ripening, and makes an excellent remedy for sore throat. In pectin, which forms the main constituent of fruit jelly. Fruits are laxative, diuretic and refrigerant. The nutritive value of any fruit depends chiefly upon the starches and sugar which it contains. Dates, plantains, bananas, prunes, figs and grapes contain the most starch and sugar, and therefore are the most nutritious foods. Cherries, apples, currants, strawberries and grapes contain considerable quantities of citric acid, making them valuable as blood purifiers.

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